



**WELSH ATHLETICS**  
ATHLETAU CYMRU

**112th Geore Crump Memorial**  
Cross Country Championships  
Saturday 27th February  
Singleton Park, Swansea



incorporating Year 5 & 6 Primary Schools

01/03/2016

**The John Disley Participation Cup 2016 Lliswerry**  
**Runners 47 Finishing Athletes in the Senior Age**  
**Groups**



# WELSH ATHLETICS ATHLETAU CYMRU

## George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016  
Singleton Park, Swansea Saturday 27th February



WELSH ATHLETICS  
ATHLETAU CYMRU

### RACE 1 Under 11/Year 5 Boys 1,530m: (63 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	8	Jack ORGAN	Brecon AC	6:39
2	16	Elis FINLAYSON	Cardiff AAC	6:48
3	32	Harri MORGAN	Menai Track & Field	6:55
4	22	Loui CAMILLERI	Cardiff Archers	6:59
5	9	Jack O'BRIEN	Bridgend AC	7:09
6	40	Dafydd KING	Swansea Harriers	7:13
7	10	Louis LOTT	Bridgend AC	7:18
8	28	Jack SMITH	Knelston Primary	7:20
9	45	Thomas GORVETT	Swansea Harriers	7:20
10	51	Osian LLOYD-OWEN	YG Creigiau	7:21
11	54	Christian GARCIA	YGG Bryniago	7:22
12	34	Morgan WILLIAMS	Pembroke Dock	7:23
13	200	Oscar DAVIES	Brecon AC	7:23
14	31	Iwan WILSON	Llanelli AC	7:25
15	3	Connor PALMER	Blaenau Gwent AC	7:27
16	24	Steffan DAVIES	Carmarthen Harriers	7:28
17	17	Joseph JOYCE	Cardiff AAC	7:29
18	41	Harley GLEESON	Swansea Harriers	7:33
19	26	Thomas DAVID	Cleddau Reach VC Primary	7:37
20	13	Joe FOWLER	Bridgend AC	7:38
21	35	Steffan JONES	Pembrokeshire Harriers	7:38
22	4	Liam RICHARDS	Blaenau Gwent AC	7:40
23	23	Owen-Hari DAVIS	Carmarthen Harriers	7:44
24	39	Gethin DAVIES	Rhondda AC	7:44
25	21	Alex GUNN	Cardiff Archers	7:46
26	198	Saxon ARHTUR-DYER	Barry & Vale Harriers	7:49
27	53	Harrison GARCIA	YGG Bryniago	7:50
28	18	Tommy BRYANT	Cardiff AAC	7:52
29	11	Luc MARTIN	Bridgend AC	7:52
30	5	Mason BRICE	Blaenau Gwent AC	7:53
31	2	James BALL	Blaenau Gwent AC	7:56
32	7	Daniel BROOKMAN	Blaenau Gwent AC	8:03
33	57	Ashton HINES	YGG Rhosafan	8:08
34	37	Tate GEAR	Pencoed Primary	8:11
35	42	Jake EVANS	Swansea Harriers	8:11
36	47	Jack JONES	Swansea Harriers	8:19
37	46	Macsen HOLLAND	Swansea Harriers	8:25
38	20	Ryan CLARK	Cardiff Archers	8:29
39	6	Jacob PRICE	Blaenau Gwent AC	8:31
40	38	Morgan LLEWELLYN	Pencoed Primary	8:33
41	58	Jackson LEWIS-REES	YGG Rhosafan	8:44
42	44	Harry NEWTON	Swansea Harriers	8:53
43	201	Reddy WRIGHT	Oakleigh House School	8:56
44	59	Joseph FITZGERALD	YGG Rhosafan	8:59
45	15	Ethan MEYRICK	Cardiff AAC	8:59
46	43	Conor O'SHAUGHNESSY	Swansea Harriers	9:03
47	197	Alfie CHRISTOFORATO	Barry & Vale Harriers	9:05
48	27	Oliver HALL	Knelston Primary	9:08
49	50	Osian MURPHY	Swansea Harriers	9:29
50	56	Joshua SIMPSON	YGG Rhosafan	9:45
51	55	Luke HOPKINS	YGG Bryniago	9:53

### Team Results

Pos	Club	1	2	3	Total
1	Bridgend AC	5	7	20	32
2	Swansea Harriers	6	9	18	33
3	Cardiff AAC	2	17	28	47
4	Blaenau Gwent AC	15	22	30	67
5	Cardiff Archers	4	25	38	67
6	YGG Bryniago	11	27	51	89
7	Blaenau Gwent AC	31	32	39	102
8	Swansea Harriers	35	36	37	108
9	YGG Rhosafan	33	41	44	118
10	Swansea Harriers	42	46	49	137

### RACE 1 Under 11-YR5B Participating Clubs

Below 3 athletes teams do not score

Club	1	2	3	Total
Aberdare VAAC				
Blaenau Gwent AC	6			Scoring Team
Brecon AC	2			
Bridgend AC	4			Scoring Team
Cardiff AAC	4			Scoring Team
Cardiff Archers	3			Scoring Team
Carmarthen Harriers	2			
Cleddau Reach VC Primary	1			
Knelston Primary	2			
Llanelli AC	1			
Menai Track & Field	1			
Oakleigh House School	1			
Pembroke Dock	1			
Pembrokeshire Harriers	1			
Pencoed Primary	2			
Rhondda AC	1			
Swansea Harriers	9			Scoring Team
YG Creigiau	1			
YGG Bryniago	3			Scoring Team
YGG Rhosafan	4			Scoring Team

### 1st Team - Athletes: Bridgend AC (32Pts)

9	Jack O'BRIEN (5)	7:09
10	Louis LOTT (7)	7:18
13	Joe FOWLER (20)	7:38

### 2nd Team - Athletes: Swansea Harriers (33Pts)

40	Dafydd KING (6)	7:13
45	Thomas GORVETT (9)	7:20
41	Harley GLEESON (18)	7:33

### 3rd Team - Athletes: Cardiff AAC (47Pts)

16	Elis FINLAYSON (2)	6:48
17	Joseph JOYCE (17)	7:29
18	Tommy BRYANT (28)	7:52



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### RACE 2 Under 11/Year 5 Girls 1,530m: (49 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	77	Emily DENT	Cardiff Archers	7:27
2	68	Eve HICKMAN	Bridgend AC	7:27
3	66	Chloe HALE	Blaenau Gwent AC	7:36
4	96	Lara THOMAS	Pembrokeshire Harriers	7:37
5	69	Isabella LOTT	Bridgend AC	7:38
6	76	Sophie KNOYLE	Cardiff Archers	7:39
7	81	Milly JOHN	Carmarthen Harriers	7:44
8	60	Ellie MORRIS	Blaenau Gwent AC	7:49
9	79	Chalise COLDERLEY	Cardiff Archers	7:50
10	67	Bethan HARDMAN	Bridgend AC	7:52
11	89	Eden EDWARDS	Deeside AAC	7:53
12	95	Lucy WINTLE	Pembrokeshire Harriers	7:55
13	80	Yasmin HADID	Cardiff Archers	7:56
14	91	Ceri GRIFFITHS	Newport Harriers	7:57
15	78	Anna BROOKS	Cardiff Archers	7:58
16	74	Scarlett DAVIES	Cardiff AAC	8:00
17	73	Molly TYPE	Cardiff AAC	8:02
18	199	Safron MONTERIO	Barry & Vale Harriers	8:08
19	83	Emma BRAZIER	Carmarthen Harriers	8:10
20	82	Jessica LEE	Carmarthen Harriers	8:11
21	90	Leni BEARD	Knelston Primary	8:11
22	98	Mai DAVIES	YGG Bryniago	8:13
23	63	Bethan KEY	Blaenau Gwent AC	8:14
24	193	Freya HUGHES-ROLLS	Rhymney Valley AC	8:19
25	62	Seren POWELL	Blaenau Gwent AC	8:27
26	88	Haigh YASMIN	Cleddau Reach VC Primary	8:39
27	61	Katie DENNINGTON	Blaenau Gwent AC	8:49
28	72	Sophie CARTER	Cardiff AAC	8:53
29	103	Eleri LAVIS	YGG Rhosafan	8:59
30	104	Alisha DENNER	YGG Rhosafan	9:12
31	64	Scarlett PREECE	Blaenau Gwent AC	9:19
32	65	Mia THOMAS	Blaenau Gwent AC	9:28
33	99	Seren HODGE	YGG Bryniago	10:04
34	102	Seren BEVAN	YGG Rhosafan	10:47
35	105	Lowri GLEAVES	YGG Rhosafan	10:54
36	75	Rhiannon HARRIS	Cardiff AAC	11:28

### Team Results

Pos	Club	1	2	3	Total
1	Cardiff Archers	1	6	9	16
2	Bridgend AC	2	5	10	17
3	Blaenau Gwent AC	3	8	23	34
4	Carmarthen Harriers	7	19	20	46
5	Cardiff AAC	16	17	28	61
6	Blaenau Gwent AC	25	27	31	83
7	YGG Rhosafan	29	30	34	93

### RACE 2 Under 11-YR5G Participating Clubs

#### Below 3 athletes teams do not score

Club	1	2	3	Total
Blaenau Gwent AC	7			Scoring Team
Bridgend AC	3			Scoring Team
Cardiff AAC	4			Scoring Team
Cardiff Archers	5			Scoring Team
Carmarthen Harriers	3			Scoring Team
Cleddau Reach VC Primary	1			
Deeside AAC	1			
Knelston Primary	1			
Newport Harriers	1			
Pembrokeshire Harriers	2			
Pencoed Primary				
YGG Bryniago	2			
YGG Rhosafan	4			Scoring Team

#### 1st Team - Athletes: Cardiff Archers (16Pts)

77	Emily DENT (1)	7:27
76	Sophie KNOYLE (6)	7:39
79	Chalise COLDERLEY (9)	7:50

#### 2nd Team - Athletes: Bridgend AC (17Pts)

68	Eve HICKMAN (2)	7:27
69	Isabella LOTT (5)	7:38
67	Bethan HARDMAN (10)	7:52

#### 3rd Team - Athletes: Blaenau Gwent AC (34Pts)

66	Chloe HALE (3)	7:36
60	Ellie MORRIS (8)	7:49
63	Bethan KEY (23)	8:14



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<b>RACE 3 Under 11/Year 6 Boys 1,530m: (47 Pre Registered Entries)</b>				
Pos	Bib	Athlete	Club	Time
1	133	Math THOMAS	Menai Track & Field	6:20
2	145	Roman HODGSON	Trelawnyd Primary	6:23
3	194	Ben MACEY	Barry & Vale Harriers	6:39
4	121	Frank MORGAN	Carmarthen Harriers	6:47
5	111	Hywel LEYSHON	Bridgend AC	6:52
6	123	Ioan CRESSY-MORGAN	Carmarthen Harriers	6:57
7	118	Rhys BLOW	Cardiff AAC	6:57
8	115	Ben HUGHES	Cardiff AAC	7:02
9	108	Dafydd PRATCHET	Bridgend AC	7:04
10	116	Henry SPENCER	Cardiff AAC	7:07
11	136	Henry THOMAS	Pembrokeshire Harriers	7:16
12	112	Joshua KERRY	Bridgend AC	7:17
13	134	Joseff MORGAN	Menai Track & Field	7:18
14	151	Ioan OLDFIELD	Ysgol Bryn Coch	7:21
15	128	Rhys LLEWELLYN	Cleddau Reach VC Primary	7:26
16	143	Daniel HUTFIELD	Swansea Harriers	7:29
17	119	Oliver KIRKHAM	Cardiff Archers	7:30
18	142	Ben SULLIVAN	Swansea Harriers	7:34
19	109	Tom ATTWOOD	Bridgend AC	7:35
20	140	Lewis JACOBS	Rhondda AC	7:38
21	148	Morgan HINES	YGG Rhosafan	7:47
22	150	Brychan WOOD	YGG Rhosafan	7:51
23	114	Joel BOWNESS	Bridgend AC	7:58
24	126	Finlay HAYES	Carmarthen Harriers	8:01
25	195	Noah MONTERIO	Barry & Vale Harriers	8:38
26	144	Ben LUSBROOK	Swansea Harriers	8:48
27	149	Harri LEWIS-REES	YGG Rhosafan	9:07
28	137	Joshua STOTT	Pencoed Primary	12:27
29	138	Ethan GOODMAN	Pencoed Primary	13:40
30	139	Dewi JOHN	Pencoed Primary	13:40
31				
32				
33				
34				
35				
36				
37				
38				

<b>Team Results</b>					
Pos	Club	1	2	3	Total
1	Cardiff AAC	7	8	10	25
2	Bridgend AC	5	9	12	26
3	Carmarthen Harriers	4	6	24	34
4	Swansea Harriers	16	18	26	60
5	YGG Rhosafan	21	22	27	70
6	Pencoed Primary	28	29	30	87

<b>RACE 3 Under 11-YR6B Participating Clubs</b>		
<b>Below 3 athletes teams do not score</b>		
Brecon AC		
Bridgend AC	5	Scoring Team
Cardiff AAC	3	Scoring Team
Cardiff Archers	1	
Carmarthen Harriers	3	Scoring Team
Cleddau Reach VC Primary	1	
Golden Grove School		
Menai Track & Field	2	
Pembrokeshire Harriers	1	
Pencoed Primary	3	Scoring Team
Rhondda AC	1	
Swansea Harriers	3	Scoring Team
Trelawnyd Primary	1	
YGG Bryniago		
YGG Rhosafan	3	Scoring Team
Ysgol Bryn Coch	1	

<b>1st Team - Athletes: Cardiff AAC (25Pts)</b>		
118	Rhys BLOW (7)	6:57
115	Ben HUGHES (8)	7:02
116	Henry SPENCER (10)	7:07
<b>2nd Team - Athletes: Bridgend AC (26Pts)</b>		
111	Hywel LEYSHON (5)	6:52
108	Dafydd PRATCHET (9)	7:04
112	Joshua KERRY (12)	7:17
<b>3rd Team - Athletes: Carmarthen Harriers (34Pts)</b>		
121	Frank MORGAN (4)	6:47
123	Ioan CRESSY-MORGAN (6)	6:57
126	Finlay HAYES (24)	8:01



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### RACE 4 Under 11/Year 6 Girls 1,530m: (42 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	173	Neisha ROBERTS	Deeside AAC	6:56
2	182	Tiffany REES	Swansea Harriers	7:12
3	178	Ella WINTLE	Pembrokeshire Harriers	7:15
4	165	Jemima ROBINSON	Cardiff AAC	7:26
5	187	Ela DAVIES	YGG Bryniago	7:35
6	153	Lowri PROSSER	Blaenau Gwent AC	7:39
7	189	Maddison HINES	YGG Rhosafan	7:40
8	170	Isabella WIGLEY	Cardiff Archers	7:44
9	196	Evie WATKINS	Barry & Vale Harriers	7:51
10	161	Erin ANDREWS	Bridgend AC	7:54
11	160	Sophie EVANS	Bridgend AC	7:56
12	159	Jessica EVANS	Bridgend AC	8:07
13	155	Jersey-Lee JONES	Bridgend AC	8:11
14	181	Elinor MUNN	Pontyclun AC	8:15
15	167	Libby PEARSON	Cardiff AAC	8:16
16	164	Phillipa ALLEN	Bridgend AC	8:21
17	190	Sophie MULLENS	YGG Rhosafan	8:23
18	183	Abbie HALL	Swansea Harriers	8:41
19	162	Bethan ANTHONY	Bridgend AC	8:45
20	185	Lydia CAIRNS-JOHNSTO	Swansea Harriers	8:46
21	171	Caryl-Haf LLOYD	Carmarthen Harriers	8:58
22	166	Poppy TUCKER	Cardiff AAC	9:20
23	192	Taryn PURCHASE	YGG Rhosafan	9:40
24	188	Holly BROWN	YGG Bryniago	9:47
25	175	Iola PARRY	Knelston Primary	9:51
26	179	Rhian WILLIAMS	Pencoed Primary	9:54
27	186	Constance SMALE	Swansea Harriers	9:58
28	174	Bramble JONES	Knelston Primary	11:10
29				
30				
31				
32				
33				
34				
35				
36				
37				

Team Results					
Pos	Club	1	2	3	Total
1	Bridgend AC	10	11	12	33
2	Swansea Harriers	2	18	20	40
3	Cardiff AAC	4	15	22	41
4	YGG Rhosafan	7	17	23	47
5	Bridgend AC	13	16	19	48

RACE 4 Under 11-YR6G Participating Clubs					
Below 3 athletes teams do not score					
Aberdare VAAC					
Blaenau Gwent AC	1				
Brecon AC					
Bridgend AC	6		Scoring Team		
Cardiff AAC	3		Scoring Team		
Cardiff Archers	1				
Carmarthen Harriers	1				
Deeside AAC	1				
Knelston Primary	2				
Llanishen Fach Primary					
Pembrokeshire Harriers	1				
Pencoed Primary	1				
Pontyclun AC	1				
Swansea Harriers	4		Scoring Team		
YGG Bryniago	2				
YGG Rhosafan	3		Scoring Team		

1st Team - Athletes: Bridgend AC (33Pts)		
161	Erin ANDREWS (10)	7:54
160	Sophie EVANS (11)	7:56
159	Jessica EVANS (12)	8:07
2nd Team - Athletes: Swansea Harriers (40Pts)		
182	Tiffany REES (2)	7:12
183	Abbie HALL (18)	8:41
185	Lydia CAIRNS-JOHNSTON (20)	8:46
3rd Team - Athletes: Cardiff AAC (41Pts)		
165	Jemima ROBINSON (4)	7:26
167	Libby PEARSON (15)	8:16
166	Poppy TUCKER (22)	9:20



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### RACE 5 Under 13 Boys 3,120m: (71 Pre Registered Entries)

Pos	Bib	Athlete	Club	Time
1	678	Osian PERRIN	Menai Track & Field	11:43
2	695	Mike SPILL	Unattached	11:46
3	684	Joseph REARDON	Neath Harriers	11:49
4	659	James JONES	Deeside AAC	11:59
5	685	Benjamin REYNOLDS	Cardiff AAC	12:03
6	686	Jacob REYNOLDS	Cardiff AAC	12:09
7	655	Iori HUMPHREYS	Pembrokeshire Harriers	12:28
8	648	Evan GRIFFITHS	Cardiff AAC	12:33
9	663	Cai LA TROBE ROBERTS	Menai Track & Field	12:39
10	692	Lloyd SHEPPARD	Rhymney Valley AC	12:48
11	666	Ryan LEWIS	Llanelli AC	12:51
12	670	Deian MORGAN	Carmarthen Harriers	12:55
13	642	Liam EDWARDS	Carmarthen Harriers	13:02
14	680	Eden POTTER	Menai Track & Field	13:06
15	639	Spencer DAVIES	Brecon AC	13:07
16	641	Lewis DRISCOLL	Cardiff Archers	13:09
17	676	Andrew PENROSE	Cardiff Archers	13:10
18	643	Ryan EDWARDS	Cardiff AAC	13:11
19	635	Jack CHAPMAN	Carmarthen Harriers	13:12
20	644	Gethin EVANS	Cardiff AAC	13:13
21	652	Cian HARRIES	Pembrokeshire Harriers	13:14
22	637	Iwan COYLE	Brecon AC	13:22
23	674	Michael OWEN	Blaenau Gwent AC	13:28
24	664	Ethan LEE	Swansea Harriers	13:32
25	673	Gwion OWEN	Carmarthen Harriers	13:37
26	697	Llyr THOMAS	Brecon AC	13:43
27	696	Bedwyr THOMAS	Carmarthen Harriers	13:44
28	699	Steffan TURNER	Carmarthen Harriers	13:45
29	671	Tom O'CONNOR	Cardiff AAC	13:47
30	662	Fraser KING	Cardiff Archers	13:48
31	649	Ellis GRIST	Blaenau Gwent AC	13:49
32	653	Charlie HOLLAND	Swansea Harriers	13:58
33	651	Rhys HARDMAN	Bridgend AC	13:59
34	657	Dafydd JONES	Carmarthen Harriers	14:04
35	631	Morgan BATTEN	Carmarthen Harriers	14:06
36	672	Ryan O'ROACHE	Bridgend AC	14:08
37	683	Ben RAY	Barry & Vale Harriers	14:11
38	650	Kareem HADID	Cardiff Archers	14:17
39	636	Samuel CLAYTON	Blaenau Gwent AC	14:23
40	675	Harvey PARSONS	Brecon AC	14:39
41	694	Iwan SMITH	Cardiff AAC	14:45
42	630	Dylan ANDREWS	Bridgend AC	15:02
43	682	Ryan PRICE	Bridgend AC	15:08
44	646	Sion EVANS	Carmarthen Harriers	15:23
45	633	Rhys BOWDEN	Swansea Harriers	15:37
46	677	Rhys PEPPER	Barry & Vale Harriers	15:45
47	656	Oliver JAMES	Swansea Harriers	16:02
48	701	Jack WAYT	Swansea Harriers	16:17
49	688	Daniel RICHARDS	Blaenau Gwent AC	17:16
50	661	Guy JOSTY	Swansea Harriers	17:37
51	634	Leon CHAMPION	Carmarthen Harriers	20:03
52	141	Robert JOHN	Micky Morris Racing Team	20:14

### Team Results

Pos	Club	1	2	3	4	Total
1	Cardiff AAC	5	6	8	18	37
2	Carmarthen Harriers	12	13	19	25	69
3	Cardiff Archers	16	17	30	38	101
4	Brecon AC	15	22	26	40	103
5	Carmarthen Harriers	27	28	34	35	124
6	Blaenau Gwent AC	23	31	39	49	142
7	Swansea Harriers	24	32	45	47	148
8	Bridgend AC	33	36	42	43	154

### RACE 5 U13B Participating Clubs

Below 4 athletes teams do not score

Barry & Vale Harriers	2	
Blaenau Gwent AC	4	Scoring Team
Brecon AC	4	Scoring Team
Bridgend AC	4	Scoring Team
Cardiff AAC	7	Scoring Team
Cardiff Archers	4	Scoring Team
Carmarthen Harriers	10	Scoring Team
Deeside AAC	1	
Llanelli AC	1	
Menai Track & Field	3	
Neath Harriers	1	
Pembrokeshire Harriers	2	
Rhondda AC		
Rhymney Valley AC	1	
Swansea Harriers	6	Scoring Team
Unattached	1	

### 1st Team - Athletes: Cardiff AAC (37Pts)

685	Benjamin REYNOLDS (5)	12:03
686	Jacob REYNOLDS (6)	12:09
648	Evan GRIFFITHS (8)	12:33
643	Ryan EDWARDS (18)	13:11

### 2nd Team - Athletes: Carmarthen Harriers (69Pts)

670	Deian MORGAN (12)	12:55
642	Liam EDWARDS (13)	13:02
635	Jack CHAPMAN (19)	13:12
673	Gwion OWEN (25)	13:37

### 3rd Team - Athletes: Cardiff Archers (101Pts)

641	Lewis DRISCOLL (16)	13:09
676	Andrew PENROSE (17)	13:10
662	Fraser KING (30)	13:48
650	Kareem HADID (38)	14:17





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<b>RACE 6 Under 13 Girls 3,120m: (81 Pre Registered Entries)</b>				
Pos	Bib	Athlete	Club	Time
1	730	Caitlin GWYTHYR	Swansea Harriers	12:43
2	719	Orla DAVIES	Deeside AAC	12:52
3	628	Ashleigh WILLIS	Swansea Harriers	13:01
4	737	Samia JONES	Menai Track & Field	13:07
5	772	Daisy THOMPSON	Carmarthen Harriers	13:21
6	704	Darcie BASS	Swansea Harriers	13:31
7	720	Phoebe DAVIS	Carmarthen Harriers	13:42
8	776	Eden WILLIAMS	Cardiff Archers	13:48
9	731	Alanah HILL	Cardiff Archers	13:55
10	740	Anya LENNON	Cardiff Archers	13:58
11	721	Rheagan EDWARDS	Deeside AAC	14:02
12	759	Molly REARDON	Neath Harriers	14:05
13	766	Olivia RODERICK	Independent Intelligent Fitness	14:06
14	703	Molly BALL	Blaenau Gwent AC	14:08
15	706	Holly-Mai BOWEN	Blaenau Gwent AC	14:14
16	760	Ffion Madi REES JONES	Menai Track & Field	14:15
17	735	Lili JONES	Cardiff AAC	14:17
18	755	Georgia PARKINSON	Menai Track & Field	14:19
19	754	Abbi PARKINSON	Menai Track & Field	14:20
20	764	Freya ROBERTS	Cardiff Archers	14:23
21	744	Moli LYONS	Barry & Vale Harriers	14:28
22	773	Tiegan WARD	Brecon AC	14:29
23	711	Isabel CLARK	Blaenau Gwent AC	14:37
24	749	Ella MORGAN	Aberdare VAAC	14:43
25	762	Leonora RISTON-WALTON	Brecon AC	14:46
26	568	Fiona BOSTOCK	Cardiff AAC	14:50
27	763	Becca ROBERTS	Sarn Helen	14:51
28	751	Jessica MORRIS	Pembrokeshire Harriers	14:51
29	724	Megan FRIEDLI	Cardiff AAC	14:55
30	753	Imogen OWEN	Deeside AAC	14:57
31	761	Alys Dion REES-JONES	Menai Track & Field	15:04
32	774	Moli WATTS	Cardiff Archers	15:06
33	729	Elin GRIFFITHS	Newport Harriers	15:09
34	705	Eve BEVAN	Swansea Harriers	15:19
35	584	Sinead GRAY	Newport Harriers	15:21
36	750	Maddie MORGAN	Carmarthen Harriers	15:31
37	732	Clara JAMES	Carmarthen Harriers	15:41
38	727	Bethany GOLD	Cardiff AAC	15:48
39	770	Cerys TEAGUE	Neath Harriers	15:55
40	707	Leonora BREHENY	Bridgend AC	16:00
41	756	Maisie PEARCE	Blaenau Gwent AC	16:08
42	748	Cathryn MORGAN	Neath Harriers	16:17
43	713	Kasia COOK	Pembrokeshire Harriers	16:27
44	718	Gwawr DAVIES	Carmarthen Harriers	16:30
45	747	Tamwen MOON	Carmarthen Harriers	16:36
46	725	Megan FROLEY	Bridgend AC	16:50
47	767	Angel SAMUEL	Newport Harriers	16:52
48	691	Sapphire SAMUEL	Newport Harriers	17:04
49	758	Glesni POWELL	Brecon AC	17:22
50	779	Mirain LLOYD	Swansea Harriers	17:43
51	708	Evi CAIRNS-JOHNSTON	Swansea Harriers	17:52
52	746	Kayleigh MITCHELL	Newport Harriers	18:13
53	717	Erin DAVIES	Newport Harriers	18:17
54	771	Libby THOMAS	Swansea Harriers	18:52
55	728	Katie GOULD	Cardiff AAC	19:12
56	734	Ellie JONES	Swansea Harriers	19:43

<b>Team Results</b>						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	3	6	34	44
2	Cardiff Archers	8	9	10	20	47
3	Menai Track & Field	4	16	18	19	57
4	Carmarthen Harriers	5	7	36	37	85
5	Blaenau Gwent AC	14	15	23	41	93
6	Cardiff AAC	17	26	29	38	110
7	Newport Harriers	33	35	47	48	163
8	Swansea Harriers	50	51	54	56	211

<b>RACE 6 U13G Participating Clubs</b>		
<b>Below 4 athletes teams do not score</b>		
Aberdare VAAC	1	
Barry & Vale Harriers	1	
Blaenau Gwent AC	4	Scoring Team
Brecon AC	3	
Bridgend AC	2	
Cardiff AAC	5	Scoring Team
Cardiff Archers	5	Scoring Team
Carmarthen Harriers	6	Scoring Team
Deeside AAC	3	
Independent Intelligent Fitness	1	
Menai Track & Field	5	Scoring Team
Neath Harriers	3	
Newport Harriers	6	Scoring Team
Pembrokeshire Harriers	2	
Sarn Helen	1	
Swansea Harriers	8	Scoring Team

<b>1st Team - Athletes: Swansea Harriers (44Pts)</b>		
730	Caitlin GWYTHYR (1)	12:43
628	Ashleigh WILLIS (3)	13:01
704	Darcie BASS (6)	13:31
705	Eve BEVAN (34)	15:19
<b>2nd Team - Athletes: Cardiff Archers (47Pts)</b>		
776	Eden WILLIAMS (8)	13:48
731	Alanah HILL (9)	13:55
740	Anya LENNON (10)	13:58
764	Freya ROBERTS (20)	14:23
<b>3rd Team - Athletes: Menai Track &amp; Field (57Pts)</b>		
737	Samia JONES (4)	13:07
760	Ffion Madi REES JONES (16)	14:15
755	Georgia PARKINSON (18)	14:19
754	Abbi PARKINSON (19)	14:20



# WELSH ATHLETICS ATHLETAU CYMRU

## George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016  
Singleton Park, Swansea Saturday 27th February



WELSH ATHLETICS  
ATHLETAU CYMRU

<b>RACE 7 Under 15 Boys 4,470m: (64 Pre Registered Entries)</b>				
Pos	Bib	Athlete	Club	Time
1	544	James PENROSE	Cardiff Archers	14:48
2	510	Cedol DAFFYDD	Menai Track & Field	14:49
3	525	Morgan JAMES	Cardiff AAC	14:52
4	503	Ethan ACKROYD	Deeside AAC	15:06
5	526	Daniel JOHN	Cardiff AAC	15:12
6	527	Nathan JONES	Swansea Harriers	15:15
7	513	Luke DAVIES	Brecon AC	15:22
8	541	Jackson MOUNTFORD	Newport Harriers	15:23
9	556	Spencer SMITH	Newport Harriers	15:24
10	515	Roland FINNIE	Menai Track & Field	15:26
11	557	Louis SPENCER	Cardiff AAC	15:39
12	548	Brychan PRICE-DAVIES	Brecon AC	15:44
13	511	Alfie DAVIES	Cardiff AAC	15:46
14	521	Liam GRIFFITHS	Aberdare VAAC	15:47
15	550	Tomos REES	Carmarthen Harriers	15:48
16	530	Tomos LAND	Menai Track & Field	16:08
17	504	Rowan ALLIN	Cardiff AAC	16:08
18	533	Sebastian LEWIS	Neath Harriers	16:12
19	528	Seth KELLY	Cardiff AAC	16:22
20	542	Kian MURPHY	Cardiff AAC	16:25
21	520	Sam GRIFFIN	Cardiff AAC	16:27
22	549	Evan PRICE-DAVIES	Brecon AC	16:30
23	535	Joseph LLOYD-WEST	Neath Harriers	16:31
24	532	Francis LEWIS	Swansea Harriers	16:33
25	518	Elis GOULDING	Cardiff Archers	16:36
26	543	Ifan Gruff OLDFIELD	Wrexham AAC	16:38
27	553	Eli SCOBLE	Cardiff AAC	16:39
28	506	Dan AUSTIN	Cardiff Archers	16:40
29	560	Gareth THOMPSON	Carmarthen Harriers	16:41
30	572	Sion COYLE	Brecon AC	16:42
31	529	Dylan KEY	Blaenau Gwent AC	16:46
32	539	Rhys MORGAN	Cardiff AAC	16:51
33	517	James GOLD	Cardiff AAC	16:56
34	558	Cameron TAYLOR	Cardiff AAC	17:00
35	536	Callum LOVATT	Carmarthen Harriers	17:03
36	546	Tegid PHILLIPS	Cardiff Archers	17:05
37	554	Jake SEVILLE	Newport Harriers	17:13
38	519	Connor GRAHAM	Neath Harriers	17:17
39	563	Harry WATSON	Cardiff AAC	17:33
40	508	Thomas CALLARD	Neath Harriers	17:36
41	522	Tomos GRIFFITHS	Pembrokeshire Harriers	17:39
42	552	Callum RUSSELL	Cardiff AAC	17:51
43	509	Callum CAMPION	Llanelli AC	17:56
44	561	Will THOMPSON	Carmarthen Harriers	18:03
45	516	Luke GAWTHORN	Newport Harriers	18:11
46	523	Tom HENDERSON	Swansea Harriers	18:26
47	555	Ben SMITH	Cardiff AAC	18:48
48	514	Caspar FARQUAHAR	Carmarthen Harriers	18:54
49	505	William ARNOLD	Swansea Harriers	18:55
50	512	Ben DAVIES	Newport Harriers	19:29
51	507	William BUCHAN	Swansea Harriers	19:35

<b>Team Results</b>						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	3	5	11	13	32
2	Brecon AC	7	12	22	30	71
3	Cardiff AAC	17	19	20	21	77
4	Cardiff Archers	1	25	28	36	90
5	Newport Harriers	8	9	37	45	99
6	Neath Harriers	18	23	38	40	119
7	Carmarthen Harriers	15	29	35	44	123
8	Swansea Harriers	6	24	46	49	125
9	Cardiff AAC	27	32	33	34	126

<b>RACE 7 U15B Participating Clubs</b>	
<b>Below 4 athletes teams do not score</b>	
Aberdare VAAC	1
Blaenau Gwent AC	1
Brecon AC	4
Cardiff AAC	15
Cardiff Archers	4
Carmarthen Harriers	5
Deeside AAC	1
Llanelli AC	1
Menai Track & Field	3
Neath Harriers	4
Newport Harriers	5
Pembrokeshire Harriers	1
Rhondda AC	
Swansea Harriers	5
Wrexham AAC	1

<b>1st Team - Athletes: Cardiff AAC (32Pts)</b>		
525	Morgan JAMES (3)	14:52
526	Daniel JOHN (5)	15:12
557	Louis SPENCER (11)	15:39
511	Alfie DAVIES (13)	15:46
<b>2nd Team - Athletes: Brecon AC (71Pts)</b>		
513	Luke DAVIES (7)	15:22
548	Brychan PRICE-DAVIES (12)	15:44
549	Evan PRICE-DAVIES (22)	16:30
572	Sion COYLE (30)	16:42
<b>3rd Team - Athletes: Cardiff AAC (77Pts)</b>		
504	Rowan ALLIN (17)	16:08
528	Seth KELLY (19)	16:22
542	Kian MURPHY (20)	16:25
520	Sam GRIFFIN (21)	16:27





# WELSH ATHLETICS ATHLETAU CYMRU

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WELSH ATHLETICS  
ATHLETAU CYMRU

RACE 8 Under 15 Girls 4,470m: (60 Pre Registered Entries)				
Pos	Bib	Athlete	Club	Time
1	612	Mia ROBERTS	Deeside AAC	16:13
2	567	Carys BILL	Cardiff AAC	16:28
3	598	Eluned KING	Swansea Harriers	16:50
4	580	Kiara FRIZELLE	Cardiff AAC	16:59
5	597	Mollie JONES	Swansea Harriers	17:07
6	579	Abi FISHER	Cardiff AAC	17:15
7	615	Laura SHARP	Deeside AAC	17:18
8	588	Ffion HIGGINSON	Bridgend AC	17:36
9	592	Hannah JENKINS	Bridgend AC	17:51
10	578	Alice EVANS	Pembrokeshire Harriers	17:56
11	589	Mali HOWELL	Cardiff AAC	18:03
12	613	Ellie ROBINSON	Newport Harriers	18:07
13	603	Ffion MORGAN	Cardiff Archers	18:15
14	619	Elise TURNER	Blaenau Gwent AC	18:20
15	610	Nia RILEY	Cardiff Archers	18:23
16	600	Rebecca MARTIN	Swansea Harriers	18:35
17	581	Annwen GAMMON	Cardiff AAC	18:36
18	627	Elin WILLIAMS	Cardiff AAC	18:46
19	622	Bethan WAINWRIGHT	Newport Harriers	18:51
20	585	Zoe HAMM	Cardiff AAC	18:53
21	577	Swyn EDWARDS	Menai Track & Field	18:56
22	611	Olivia RISTON-WALTON	Brecon AC	18:57
23	604	Non MORGAN	Carmarthen Harriers	18:59
24	614	Mollie SAMUEL	Newport Harriers	19:07
25	607	Catrin PHILLIPS	Newport Harriers	19:09
26	599	Eliza MARTIN	Pembrokeshire Harriers	19:09
27	602	Lydia MILWARD	Barry & Vale Harriers	19:21
28	587	Alisha HAYES	Bridgend AC	19:23
29	605	Ella Haf OLDFIELD	Wrexham AAC	19:49
30	616	Bronwen STRATTON-THOMAS	Swansea Harriers	19:51
31	575	Catrin DONELLY	Menai Track & Field	19:52
32	569	Holly BOSTOCK	Cardiff AAC	20:09
33	571	Alice COE	Cardiff AAC	20:18
34	566	Hollie-Mae ALLEN	Swansea Harriers	20:31
35	618	Ella TOWNSEND	Pembrokeshire Harriers	20:40
36	576	Eva EDWARDS	Carmarthen Harriers	20:49
37	573	Cerys DAVIES	Carmarthen Harriers	21:03
38	590	Lucy HUGHES-LAWRENCE	Menai Track & Field	21:29
39	608	Rhiannon PHILLIPS	Neath Harriers	21:34
40	538	Lydia MORGAN	Llanelli AC	22:17
41	582	Lily GASKIN	Cardiff AAC	22:23
42	570	Caitlin CHAPMAN	Cardiff AAC	23:27
43	596	Jaya JONES	Cardiff AAC	24:46
44	606	Grace PAGE	Sarn Helen	25:02
45	624	Sophie WEBB	Swansea Harriers	25:12

Team Results						
Pos	Club	1	2	3	4	Total
1	Cardiff AAC	2	4	6	11	23
2	Swansea Harriers	3	5	16	30	54
3	Newport Harriers	12	19	24	25	80
4	Cardiff AAC	17	18	20	32	87
5	Cardiff AAC	33	41	42	43	159

RACE 8 U15G Participating Clubs	
Below 4 athletes teams do not score	
Barry & Vale Harriers	1
Blaenau Gwent AC	1
Brecon AC	1
Bridgend AC	3
Cardiff AAC	12
Cardiff Archers	2
Carmarthen Harriers	3
City of Portsmouth AC	
Deeside AAC	2
Llanelli AC	1
Menai Track & Field	3
Neath Harriers	1
Newport Harriers	4
Pembrokeshire Harriers	3
Sarn Helen	1
Swansea Harriers	6
Wrexham AAC	1

1st Team - Athletes: Cardiff AAC (23Pts)		
567	Carys BILL (2)	16:28
580	Kiara FRIZELLE (4)	16:59
579	Abi FISHER (6)	17:15
589	Mali HOWELL (11)	18:03
2nd Team - Athletes: Swansea Harriers (54Pts)		
598	Eluned KING (3)	16:50
597	Mollie JONES (5)	17:07
600	Rebecca MARTIN (16)	18:35
616	Bronwen STRATTON-THOMAS (30)	19:51
3rd Team - Athletes: Newport Harriers (80Pts)		
613	Ellie ROBINSON (12)	18:07
622	Bethan WAINWRIGHT (19)	18:51
614	Mollie SAMUEL (24)	19:07
607	Catrin PHILLIPS (25)	19:09





# WELSH ATHLETICS ATHLETAU CYMRU

## George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016  
Singleton Park, Swansea Saturday 27th February



WELSH ATHLETICS  
ATHLETAU CYMRU

OALL	U20W	U17W	Bib	Athlete	Club	Time
1		1	484	Cari HUGHES	Menai Track & Field	20:45
2	1		474	Heidi DAVIES	Brecon AC	21:20
3		2	501	Abbie WILLIAMS	Pembrokeshire Harriers	22:10
4		3	436	Bethan EVANS	Cardiff AAC	22:55
5		4	470	Megan BOWEN	Cardiff AAC	22:57
6	2		425	Lara PHILIPPART	Swansea Harriers	22:59
7	3		419	Jessica HEGARTY	Cardiff AAC	23:07
8		5	494	Naomi REID	Cardiff AAC	23:12
9		6	475	Lucy DAVIES	Pembrokeshire Harriers	23:23
10	4		421	Emily KEARNEY	Wirral AC	23:29
11		7	477	Isobel DODD	Bridgend AC	23:39
12		8	488	Ellie KIFF	Carmarthen Harriers	23:51
13		9	496	Eabha ROBERTS	Menai Track & Field	23:52
14		10	471	Jessica BRADLEY	Pembrokeshire Harriers	24:11
15		11	492	Lucy OMNET	Pembrokeshire Harriers	24:20
16		12	481	Bethan HARRIS	Swansea Harriers	24:39
17		13	498	Megan TUCKER	Brecon AC	24:57
18		14	493	Martha OWEN	Deeside AAC	25:01
19		15	502	Laura WRIGHT	Cardiff AAC	25:15
20		16	490	Jennifer LUDTKE	Cardiff Archers	25:42
21		17	500	Belinda WALLACE	Cardiff AAC	25:53
22		18	489	Emma LIGTHART	Cardiff AAC	25:55
23		19	418	Cara FARLEY	RUN4ALL Neath	25:58
24	5		422	Phoebe MARSDEN	Newport Harriers	25:59
25	6		424	Caitlin PAGE	Sarn Helen	26:08
26	7		427	Felicity WILLIAMSON-SARLL	Cardiff AAC	26:22
27		20	495	Anwen ROBERTS	Newport Harriers	26:47
28	8		420	Amber HOWELL	Carmarthen Harriers	27:01
29		21	487	Rhian JONES	Cardiff AAC	27:04
30		22	491	Issy MOGG	Brecon AC	27:12
31		23	482	Katrin HIGGINSON	Bridgend AC	27:23
32		24	486	Megan JOHNSTONE	Brecon AC	27:27
33		25	479	Isobelle GOODRIDGE	Brecon AC	27:48
34		26	483	Caitlin HOWELL-WILLIAMS	Menai Track & Field	27:57
35		27	499	Jessica TURFERY	Pembrokeshire Harriers	28:04
36		28	480	Ffion GREGSON-LEWIS	Cardiff AAC	28:56
37		29	769	Megan STRATTON-THOMAS	Swansea Harriers	30:21
38	9		415	Amy CARTER	Llanelli AC	31:08
39						
40						
41						
42						
43						
44						
45						
46						
47						
48						

Pos	Club	1	2	3	4	Total
1	Cardiff AAC	4	5	7	8	24
2	Pembrokeshire Harriers	3	9	14	15	41
3	Brecon AC	2	17	30	32	81
4	Cardiff AAC	19	21	22	26	88

### U20 WOMEN MEDALLISTS

474	Heidi DAVIES	Brecon AC	21:20
425	Lara PHILIPPART	Swansea Harriers	22:59
419	Jessica HEGARTY	Cardiff AAC	23:07

### U17 WOMEN MEDALLISTS

484	Cari HUGHES	Menai Track & Field	20:45
501	Abbie WILLIAMS	Pembrokeshire Harriers	22:10
436	Bethan EVANS	Cardiff AAC	22:55

### RACE 10 U17W U20W Participating Clubs

#### Below 4 athletes teams do not score

Aberdare VAAC		
Brecon AC	5	Scoring Team
Bridgend AC	2	
Cardiff AAC	10	Scoring Team
Cardiff Archers	1	
Carmarthen Harriers	2	
Deeside AAC	1	
Griffithstown Harriers		
Llanelli AC	1	
Menai Track & Field	3	
Newport Harriers	2	
Pembrokeshire Harriers	5	Scoring Team
RUN4ALL Neath	1	
Sarn Helen	1	
Scarborough AC		
Swansea Harriers	3	
Wirral AC	1	

### 1st Team - Athletes: Cardiff AAC (24Pts)

436	Bethan EVANS (U17W) (4)	22:55
470	Megan BOWEN (U17W) (5)	22:57
419	Jessica HEGARTY (U20W) (7)	23:07
494	Naomi REID (U17W) (8)	23:12

### 2nd Team - Athletes: Pembrokeshire Harriers (41Pts)

501	Abbie WILLIAMS (U17W) (3)	22:10
475	Lucy DAVIES (U17W) (9)	23:23
471	Jessica BRADLEY (U17W) (14)	24:11
492	Lucy OMNET (U17W) (15)	24:20

### 3rd Team - Athletes: Brecon AC (81Pts)

474	Heidi DAVIES (U20W) (2)	21:20
498	Megan TUCKER (U17W) (17)	24:57
491	Issy MOGG (U17W) (30)	27:12
486	Megan JOHNSTONE (U17W) (32)	27:27





**WELSH ATHLETICS ATHLETAU CYMRU**  
**George Crump M.B.E. Memorial**

112th Welsh Cross Country Championships 2016  
 Singleton Park, Swansea Saturday 27th February



RACE 12 Senior Women & Masters 6,530m: (134 Pre Registered Entries)							
Positions	OALL	U23W	MWOM	Bib	Athlete	Club	Time
1				281	Caryl JONES (SENW)	Swansea Harriers	26:06
2			MW40-1	337	Andrea WHITCOMBE (MW40)	Swansea Harriers	26:14
3				287	Lucy MARLAND (SENW)	Cardiff AAC	27:34
4				268	Sian EDWARDS (SENW)	Swansea Harriers	27:56
5				278	Hannah JARVIS (SENW)	Dorking & Mole Valley	28:13
6			MW35-1	317	Kath MATTHEWS (MW35)	Chepstow Harriers	28:41
7	1			303	Clara EVANS (U23W)	Pontypridd Roadents AC	29:09
8				271	Charlotte GAUGHAN (SENW)	Cardiff AAC	29:50
9			MW40-2	284	Sarah KEARNEY (MW40)	Wirral AC	30:17
10				283	Nerys JONES (SENW)	TROTS	30:27
11			MW35-2	316	Helen MARSHALL (MW35)	Swansea Harriers	30:37
12			MW45-1	280	Angela JONES (MW45)	Fairwater Runners Cwmbran	30:43
13			MW45-2	363	Claire PHILLIPS (MW45)	Port Talbot Harriers	30:46
14				294	Katie ROBEY (SENW)	Brecon AC	31:15
15			MW45-3	360	Niki MORGAN (MW45)	Chepstow Harriers	31:16
16			MW40-3	324	Sandra CHIPPER (MW40)	Llswerry Runners	31:22
17	2			301	Lauren COOPER (U23W)	Parc Bryn Bach	31:32
18				266	Liz DAVIES (SENW)	Cardiff AAC	31:38
19	3			300	Hannah WILLIAMS (U23W)	Parc Bryn Bach	31:41
20			MW40-4	272	Claire CLEATHERO (MW40)	TROTS	31:51
21			MW45-4	260	Rebecca BENNETT (MW45)	Swansea Harriers	31:55
22				286	Beth MACLEAN (SENW)	Club Not Listed	31:55
23				299	Melissa WATSON (SENW)	TROTS	32:01
24			MW35-3	309	Claire BRUCE (MW35)	Les Croupiers	32:06
25				267	Antoinette DUMAYNE (SENW)	Llswerry Runners	32:08
26	4			302	Heddwyn DANIEL (U23W)	Cardiff AAC	32:19
27			MW45-5	359	Tammy LEWIS-JONES (MW45)	Eryri Harriers	32:23
28			MW40-5	325	Helen-Marie DAVIES (MW40)	Swansea Harriers	32:46
29			MW40-6	333	Joanne REES (MW40)	Rhayader RC	32:52
30			MW40-7	322	Diane BROWNHILL (MW40)	Swansea Harriers	32:59
31			MW45-6	282	Keri JONES (MW45)	Llswerry Runners	33:06
32			MW45-7	355	Helen JONES (MW45)	Port Talbot Harriers	33:23
33			MW35-4	315	Sarah DAVIES (MW35)	Llswerry Runners	33:24
34			MW45-8	346	Ceri COOKE (MW45)	Buckley Runners	33:27
35			MW45-9	353	Lisa JEFFREY (MW45)	Chepstow Harriers	33:41
36			MW45-10	343	Helen BLAIR (MW45)	Eryri Harriers	33:49
37			MW45-11	351	Gina HARDMAN (MW45)	Bridgend AC	34:01
38			MM65-1	250	David SMOUT (MM65)	Parc Bryn Bach	34:03
39			MW50-1	263	Mary BOWEN-REES (MW50)	TROTS	34:06
40			MW35-5	319	Marina WRIGHT (MW35)	Llswerry Runners	34:16
41			MM65-2	2	Paul ALLEN (MM65)	Halesowen	34:34
42			MM70-1	257	Gordon ORME (MM70)	Carmarthen Harriers	34:36
43			MW55-1	269	Lindy EYNON (MW55)	TROTS	34:46
44			MW45-12	354	Helen JOHN (MW45)	Cardiff AAC	35:00
45				270	Aimee FERGUSON (SENW)	Brecon AC	35:09
46			MW45-13	366	Beverly TUCKER (MW45)	Brecon AC	35:19
47			MW45-14	364	Carol REES (MW45)	Les Croupiers	35:24
48			MW55-2	382	Annie WILLIAMS (MW55)	Eryri Harriers	35:26
49			MW55-3	379	Jeanette JENKINS (MW55)	Fairwater Runners Cwmbran	35:34
50			MW60-1	387	Fiona DAVIES (MW60)	Pontypridd Roadents AC	35:36
51				381	Julie SCHOLEY (SENW)	Les Croupiers	35:37
52			MW40-8	331	Mandy MORRIS (MW40)	Port Talbot Harriers	35:39
53			MM65-3	248	Michael DAVIES (MM65)	Les Croupiers	35:41
54			MM65-4	251	Peter TURNERS (MM65)	Cornelly Striders	35:47
55			MW50-2	368	Hazel BERRETT (MW50)	Buckley Runners	35:50
56			MW45-15	340	Helen ANDREWS (MW45)	Bridgend AC	35:54
57			MW65-1	390	Chris BIRCH (MW65)	Abergele Harriers	36:06
58			MW40-9	330	Rachel LEWIS (MW40)	Parc Bryn Bach	36:11
59			MM70-2	256	John GARDENER (MM70)	Pembrokeshire Harriers	36:12
60				262	Catherine BLEASDALE (SENW)	TROTS	36:22
61			MW55-4	383	Pauline WILLIAMS (MW55)	Port Talbot Harriers	36:24
62				274	Marcia GOUVEIA (SENW)	San Domenico RC	36:51
63			MM65-5	245	Howard ATTWOOD (MM65)	Llswerry Runners	36:58
64			MW55-5	384	Linda WOODLAND (MW55)	Port Talbot Harriers	37:08
65			MW45-16	341	Cerys ASH (MW45)	Cardiff AAC	37:14
66			MW50-3	373	Jane LINDLEY (MW50)	Buckley Runners	37:17
67			MW40-10	336	Chris WEBB (MW40)	Swansea Harriers	37:39
68			MW50-4	375	Janet RICHARDS (MW50)	Llswerry Runners	38:03
69			MW35-6	311	Kelly COLLINS (MW35)	Parc Bryn Bach	38:07
70			MW40-11	329	Nicole JOHNSTONE (MW40)	Brecon AC	38:08
71			MW45-17	362	Anna PARSONS (MW45)	Port Talbot Harriers	38:18
72			MW35-7	312	Sarah Louise FRANCIS (MW35)	Llswerry Runners	38:24
73			MW45-18	347	Ruth DEARDS (MW45)	Les Croupiers	38:35
74			MM75-1	258	Brian GOUGH (MM75)	Pontypridd Roadents AC	38:42
75			MW40-12	323	Julie CASHILL (MW40)	Parc Bryn Bach	38:45
76			MW60-2	386	Caroline DALLIMORE (MW60)	Les Croupiers	39:07
77			MW40-13	334	Gayle SHEPPARD (MW40)	Llswerry Runners	39:18
78			MW60-3	388	Teresa TRANTER (MW60)	Chepstow Harriers	39:25
79			MW50-5	372	Eve GALLOP-EVANS (MW50)	Les Croupiers	39:51
80			MW45-19	365	Jennifer STONE (MW45)	Cardiff AAC	40:26
81			MW65-2	392	Margrett MONK (MW65)	Parc Bryn Bach	40:48
82			MW40-14	321	Emma BLOW (MW40)	Cardiff AAC	40:56

Senior Women/U23W Team Results (4 TO SCORE)						
Pos	Club	1	2	3	4	Total
1	Swansea Harriers	1	2	4	11	18
2	Cardiff AAC	3	8	18	26	55
3	TROTS	10	23	60	110	203

SENIOR WOMEN MEDALLISTS			
281	Caryl JONES (SENW)	Swansea Harriers	26:06
337	Andrea WHITCOMBE (MW40)	Swansea Harriers	26:14
287	Lucy MARLAND (SENW)	Cardiff AAC	27:34

U23 WOMEN MEDALLISTS			
303	Clara EVANS (U23W)	Pontypridd Roadents AC	29:09
301	Lauren COOPER (U23W)	Parc Bryn Bach	31:32
300	Hannah WILLIAMS (U23W)	Parc Bryn Bach	31:41

SENIOR WOMEN TEAM MEDALLISTS			
<b>1st Team - SENW/U23W Athletes: Swansea Harriers (18Pts)</b>			
281	Caryl JONES (SENW) (1)		26:06
337	Andrea WHITCOMBE (MW40) (2)		26:14
268	Sian EDWARDS (SENW) (4)		27:56
316	Helen MARSHALL (MW35) (11)		30:37
<b>2nd Team - SENW/U23W Athletes: Cardiff AAC (55Pts)</b>			
287	Lucy MARLAND (SENW) (3)		27:34
271	Charlotte GAUGHAN (SENW) (8)		29:50
266	Liz DAVIES (SENW) (18)		31:38
302	Heddwyn DANIEL (U23W) (26)		32:19
<b>3rd Team - SENW/U23W Athletes: TROTS (203Pts)</b>			
283	Nerys JONES (SENW) (10)		30:27
299	Melissa WATSON (SENW) (23)		32:01
262	Catherine BLEASDALE (SENW) (60)		36:22
296	Pauline THOMAS (SENW) (110)		#N/A

MW35 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1	Chepstow Harriers	6	15	35	56
2	Llswerry Runners	33	40	72	145

MASTER WOMEN 35 MEDALLISTS			
317	Kath MATTHEWS (MW35) (6)	Chepstow Harriers	28:41
316	Helen MARSHALL (MW35) (11)	Swansea Harriers	30:37
309	Claire BRUCE (MW35) (24)	Les Croupiers	32:06

MASTER WOMEN 35 MEDALLISTS			
<b>1st Team - MW35 Athletes: Chepstow Harriers (56Pts)</b>			
317	Kath MATTHEWS (MW35) (6)		28:41
360	Niki MORGAN (MW45) (15)		31:16
353	Lisa JEFFREY (MW45) (35)		33:41
<b>2nd Team - MW35 Athletes: Llswerry Runners (145Pts)</b>			
315	Sarah LAUDER (MW35) (33)		33:24
319	Marina WRIGHT (MW35) (40)		34:16
312	Sarah Louise FRANCIS (MW35) (72)		38:24

MW40 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1	Port Talbot Harriers	13	32	52	97
2	Swansea Harriers	28	30	67	125
3	Llswerry Runners	16	77	85	178
4	Port Talbot Harriers	61	64	71	196
5	Cardiff AAC	82	101	102	285

MASTER WOMEN 40 MEDALLISTS			
337	Andrea WHITCOMBE (MW40)	Swansea Harriers	26:14
284	Sarah KEARNEY (MW40)	Wirral AC	30:17
324	Nerys JONES (SENW)	TROTS	30:27

MASTER WOMEN 40 TEAM MEDALLISTS			
<b>1st Team - MW40 Athletes: Port Talbot Harriers (97Pts)</b>			
363	Claire PHILLIPS (MW45) (13)		30:46
355	Helen JONES (MW45) (32)		33:23
331	Mandy MORRIS (MW40) (52)		35:39
<b>2nd Team - MW40 Athletes: Swansea Harriers (125Pts)</b>			
325	Helen-Marie DAVIES (MW40) (28)		32:46
322	Diane BROWNHILL (MW40) (30)		32:59
336	Chris WEBB (MW40) (67)		37:39
<b>3rd Team - MW40 Athletes: Llswerry Runners (178Pts)</b>			
324	Sandra CHIPPER (MW40) (16)		31:22
334	Gayle SHEPPARD (MW40) (77)		39:18
332	Leanne PHILLIPS (MW40) (85)		41:44

MW45 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1	Cardiff AAC	44	65	80	189
2	Les Croupiers	47	73	76	196
3	Llswerry Runners	31	87	108	226
4	Les Croupiers	79	86	89	254

MASTER WOMEN 45 MEDALLISTS			
280	Angela JONES (MW45)	Fairwater Runners Cwmbran	30:43
363	Claire PHILLIPS (MW45)	Port Talbot Harriers	30:46
360	Niki MORGAN (MW45)	Chepstow Harriers	31:16





# WELSH ATHLETICS ATHLETAU CYMRU

## George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016  
Singleton Park, Swansea Saturday 27th February



83	MW40-15	338	Anne-Marie WILKINS (MW40)	Les Croupiers	41:28
84	MM70-3	253	Ralph DAVEY (MM70)	Les Croupiers	41:37
85	MW40-16	332	Leanne PHILLIPS (MW40)	Lliswerry Runners	41:44
86	MW60-4	385	Eirian ARWYN (MW60)	Les Croupiers	41:54
87	MW45-20	349	Ceri DONOVAN (MW45)	Lliswerry Runners	41:54
88	MW40-17	328	Ceri JENKINS (MW40)	Lliswerry Runners	42:08
89	MW45-21	345	Karen CHADWELL (MW45)	Les Croupiers	42:22
90	MW45-22	348	Angela DELANEY (MW45)	Swansea Harriers	42:28
91	MW35-8	318	Sinead THOMSON (MW35)	Lliswerry Runners	42:49
92	MW55-6	380	Kathleen JERVIS (MW55)	Parc Bryn Bach	43:07
93	MW45-23	275	Angela HALL (MW45)	Cardiff AAC	43:24
94	MW45-24	344	Julie BROUGHTON (MW45)	Les Croupiers	43:48
95	MW65-3	393	Maggie OLIVER (MW65)	Eryri Harriers	44:02
96	MW35-9	310	Cathy BRUTON (MW35)	Lliswerry Runners	44:19
97	MW50-6	367	Clare ANDERSON (MW50)	Lliswerry Runners	44:54
98	MM65-6	243	Ian SWANSON (MM65)	Port Talbot Harriers	45:24
99	MM65-7	246	Geoff BAYLISS (MM65)	Chepstow Harriers	45:36
100	MW55-7	378	Yvonne FORSEY (MW55)	Lliswerry Runners	46:04
101	MW40-18	335	Emma SMITH (MW40)	Cardiff AAC	46:11
102	MW40-19	327	Mary JAMES (MW40)	Cardiff AAC	46:11
103	MW45-25	361	Tracy NEWMAN (MW45)	Les Croupiers	46:37
104	MW55-8	377	Lynda DURSLEY (MW55)	Lliswerry Runners	46:55
105	MM70-4	254	Carl ELLIOTT (MM70)	Lliswerry Runners	48:22
106	MW50-7	369	Tracy BURTON (MW50)	Lliswerry Runners	48:38
107	MM75-2	259	Syd WHEELER (MM75)	Chepstow Harriers	51:39
108	MW45-26	350	Allyson EDMONDS (MW45)	Lliswerry Runners	52:03
109	MW45-27	339	Louise AHERN (MW45)	Lliswerry Runners	52:07
110		296	Pauline THOMAS (SENW)	TROTS	52:33
111	MW50-8	290	Morwenna PHILLIPS (MW50)	Lliswerry Runners	53:05
112		289	Elinor PHILLIPS (SENW)	Lliswerry Runners	53:06
113	MW50-9	374	Sarah MEAH (MW50)	Les Croupiers	53:48

MASTER WOMEN 45 TEAM MEDALLISTS					
<b>1st Team - MW45 Athletes: Cardiff AAC (189Pts)</b>					
354	Helen JOHN (MW45) (44)				35:00
341	Cerys ASH (MW45) (65)				37:14
365	Jennifer STONE (MW45) (80)				40:26
<b>2nd Team - MW45 Athletes: Les Croupiers (196Pts)</b>					
364	Carol REES (MW45) (47)				35:24
347	Ruth DEARDS (MW45) (73)				38:35
386	Caroline DALLIMORE (MW60) (76)				39:07
<b>3rd Team - MW45 Athletes: Lliswerry Runners (226Pts)</b>					
282	Keri JONES (MW45) (31)				33:06
349	Ceri DONOVAN (MW45) (87)				41:54
350	Allyson EDMONDS (MW45) (108)				52:03
MW50 TEAMS (3 TO SCORE)					
Pos	Club	1	2	3	Total
1	Lliswerry Runners	68	97	106	271
<b>MASTER WOMEN 50 MEDALLISTS</b>					
263	Mary BOWEN-REES (MW50)	TROTS			34:06
368	Hazel BERRETT (MW50)	Buckley Runners			35:50
373	Jane LINDLEY (MW50)	Buckley Runners			37:17
MASTER WOMEN 50 TEAM MEDALLISTS					
<b>1st Team - MW45 Athletes: Club (TotalPts)</b>					
375	Janet RICHARDS (MW50) (68)				38:03
367	Clare ANDERSON (MW50) (97)				44:54
369	Tracy BURTON (MW50) (106)				48:38
<b>No 2nd Team</b>					
<b>MASTER WOMEN 55 MEDALLISTS</b>					
269	Lindy EYNON (MW55)	TROTS			34:46
382	Annie WILLIAMS (MW55)	Eryri Harriers			35:26
379	Jeanette JENKINS (MW55)	Fairwater Runners Cwmbran			35:34
MASTER WOMEN 60 MEDALLISTS					
387	Fiona DAVIES (MW60)	Pontypridd Roadents AC			35:36
386	Caroline DALLIMORE (MW60)	Les Croupiers			39:07
388	Teresa TRANTER (MW60)	Chepstow Harriers			39:25
MASTER WOMEN 65 MEDALLISTS					
390	Chris BIRCH (MW65)	Abergele Harriers			36:06
392	Margrett MONK (MW65)	Parc Bryn Bach			40:48
393	Maggie OLIVER (MW65)	Eryri Harriers			44:02



# WELSH ATHLETICS ATHLETAU CYMRU

## George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016  
Singleton Park, Swansea Saturday 27th February



WELSH ATHLETICS  
ATHLETAU CYMRU

RACE 13 Senior Men & Masters 10,390m: (259 Pre Registered Entries)							
Pos	OALL	U23M	MMEN	Bib	Athlete	Club	Time
1				25	Dewi GRIFFITHS (SENM)	Swansea Harriers	35:34
2				58	Robert SAMUEL (SENM)	Eryri Harriers	36:54
3	1			77	Christopher CARPANINI (U23M)	Swansea Harriers	37:18
4				31	Marc HOBBS (SENM)	Swansea Harriers	37:33
5				63	Ieuan THOMAS (SENM)	Cardiff AAC	37:46
6				8	Rhodri BUFFET (SENM)	Brecon AC	38:02
7			MM35-1	110	Angus MACLEAN (MM35)	Guest	38:11
8				59	Guy SMITH (SENM)	Swansea Harriers	38:24
9			MM50-1	184	Austin DAVIES (MM50)	Brecon AC	38:26
10			MM40-1	126	Huw EVANS (MM40)	Les Croupiers	38:36
11	2			76	Adam BULL (U23M)	Aberdare VAAC	38:44
12			MM40-2	140	Mark JENNINGS (MM40)	Micky Morris Racing Team	39:00
13	3			80	Elliott HARDEE (U23M)	Newport Harriers	39:09
14			MM35-2	112	Ryan MCFLYNN (MM35)	Micky Morris Racing Team	39:12
15				52	Matthew REES (SENM)	Swansea Harriers	39:17
16	4			81	Owen HASWELL (U23M)	Cardiff AAC	39:28
17			MM40-3	129	Richard GARDINER (MM40)	Aberdare VAAC	39:35
18				5	Daniel BODMAN (SENM)	Aberdare VAAC	39:44
19				39	Mike KERSHAW (SENM)	Cardiff AAC	39:47
20				4	Daryll BARNBY (SENM)	Micky Morris Racing Team	39:54
21				57	Peter RYDER (SENM)	Cardiff AAC	40:03
22	5			87	Matthew RICHARDS (U23M)	Swansea Harriers	40:15
23				14	James DEAN (SENM)	Swansea Harriers	40:28
24	6			91	Paul TOBIN (U23M)	Swansea Harriers	40:38
25			MM45-1	176	Stefan SIMMS (MM45)	Micky Morris Racing Team	40:47
26			MM50-2	196	Mike PFEIFFER (MM50)	Brecon AC	40:53
27				20	Matthew EVANS (SENM)	Aberdare VAAC	41:04
28			MM40-4	139	Matthew JACKLIN (MM40)	Aberdare VAAC	41:06
29			MM40-5	51	Leighton RAWLINSON (MM40)	Micky Morris Racing Team	41:35
30			MM55-1	212	Ifan LLOYD (MM55)	Swansea Harriers	41:52
31			MM40-6	38	Daryl JOHN (MM40)	TROTS	42:18
32				24	Paul GRAHAM (SENM)	Pontypridd Roadents AC	42:39
33			MM35-3	92	Rob ATKIN (MM35)	Bridgend AC	42:58
34			MM35-4	106	Rob JOHNSON (MM35)	Aberystwyth AC	43:07
35				22	Thomas FOSTER (SENM)	Micky Morris Racing Team	43:09
36			MM40-7	141	Robert JOHN (MM40)	Micky Morris Racing Team	43:10
37				64	Daniel TRIGGS (SENM)	Neath Harriers	43:11
38			MM50-3	187	Roger FARRINGTON (MM50)	Maldwyn Harriers	43:13
39			MM35-5	95	Richard DANDO (MM35)	Bridgend AC	43:15
40				3	Gareth AYRES (SENM)	Port Talbot Harriers	43:22
41				9	James CASBURN (SENM)	Micky Morris Racing Team	43:28
42			MM35-6	37	Christopher JENKINS (MM35)	Neath Harriers	43:32
43			MM40-8	128	Stuart EVANS (MM40)	Llanelli AC	43:50
44			MM35-7	109	Grant LEWIS (MM35)	Micky Morris Racing Team	43:52
45				43	Daniel MORGAN (SENM)	Windsor Slough & Eton	43:53
46			MM45-2	23	Christopher FULCHER (MM45)	Neath Harriers	43:53
47			MM35-8	115	Matthew SYMES (MM35)	Pont-Y-Pwl & District Runners	44:12
48				26	Michael GRIFFITHS (SENM)	Llswerry Runners	44:29
49			MM50-4	192	Rob HUNT (MM50)	Bridgend AC	44:37
50			MM40-9	127	Michael EVANS (MM40)	Llanelli AC	44:55
51			MM50-5	200	Peter SOWERBY (MM50)	Brecon AC	45:01
52			MM40-10	146	Adrian LEWIS (MM40)	Aberdare VAAC	45:06
53			MM50-6	194	Simon LEWIS (MM50)	Parc Bryn Bach	45:09
54				53	Raul REISMANN (SENM)	Swansea Harriers	45:13
55			MM45-3	165	Paul FLYNN (MM45)	Swansea Harriers	45:23
56			MM35-9	93	Jon BELCHER (MM35)	Llswerry Runners	45:29
57			MM45-4	164	Tim DAVIES (MM45)	Brecon AC	45:33
58			MM40-11	147	Daniel LEWIS (MM40)	San Domenico RC	45:37
59				40	Alun KING (SENM)	Llswerry Runners	45:41
60				7	Jason BRAGG (SENM)	Aberdare VAAC	45:43
61			MM55-2	211	David JAMES (MM55)	Les Croupiers	45:47
62			MM40-12	67	Charles WALSH (MM40)	Port Talbot Harriers	45:50
63			MM45-5	167	Russell GODWIN (MM45)	Colwyn Bay AC	45:57
64			MM35-10	94	Dee BUCHANAN (MM35)	San Domenico RC	46:00
65			MM35-11	99	Vaughn EDWARDS (MM35)	Cardiff Harlequins RC	46:22
66			MM35-12	103	Simon GILL (MM35)	Llswerry Runners	46:34
67			MM55-3	207	Steve DAVIES (MM55)	Pont-Y-Pwl & District Runners	46:36
68				48	Martin NORTON (SENM)	Llswerry Runners	46:40
69			MM40-13	133	Michael HARRIS (MM40)	Micky Morris Racing Team	46:45
70				12	Daniel DAVIES (SENM)	Pembrokeshire Harriers	46:52
71				34	Matthew HOPKINS (SENM)	Les Croupiers	46:56
72			MM40-14	144	Mark JOYCE (MM40)	Les Croupiers	46:58
73			MM40-15	130	Mike GLEESON (MM40)	Swansea Harriers	47:03
74			MM60-1	230	David DAVIES (MM60)	Brecon AC	47:07
75			MM40-16	155	Alex WILLIAMS (MM40)	Port Talbot Harriers	47:14
76				17	James ELGAR (SENM)	Micky Morris Racing Team	47:34
77			MM60-2	226	John AGGLETON (MM60)	Cardiff Harlequins RC	47:35
78			MM40-17	122	Paul BRUTON (MM40)	Llswerry Runners	47:42
79			MM40-18	153	Kevin SEVILLE (MM40)	Newport Harriers	47:58
80			MM55-4	205	David COLES (MM55)	Les Croupiers	48:05
81			MM50-7	197	Sean PRICE (MM50)	Rhondda AC	48:10
82				15	Brian DIAS (SENM)	Les Croupiers	48:13
83			MM60-3	234	Rob EVANS (MM60)	Les Croupiers	48:18
84	7			85	Matthew O'LEARY (U23M)	Neath Harriers	48:24
85			MM50-8	202	Steve TOOGOOD (MM50)	Buckley Runners	48:31
86			MM45-6	157	Gareth BECK (MM45)	Llswerry Runners	48:34
87			MM55-5	225	Adrian WOODS (MM55)	Pont-Y-Pwl & District Runners	48:40
88			MM60-4	244	Mick TABOR (MM60)	Les Croupiers	48:50
89			MM45-7	169	Marcus MEYRICK (MM45)	Les Croupiers	48:52
90	8			84	Chris LLOYD (U23M)	RUN4ALL Neath	48:52

Senior Men/U23M Team Results (6 TO SCORE)								
Pos	Club	1	2	3	4	5	6	Total
1	Swansea Harriers	1	3	4	8	15	22	53
2	Micky Morris Racing Team	12	14	20	25	35	36	142
3	Aberdare VAAC	11	17	18	27	28	52	153
SENIOR MEN MEDALLISTS								
25	Dewi GRIFFITHS (SENM)	Swansea Harriers						35:34
58	Robert SAMUEL (SENM)	Eryri Harriers						36:54
77	Christopher CARPANINI (U23M)	Swansea Harriers						37:18
U23 MEN MEDALLISTS								
77	Christopher CARPANINI (U23M)	Swansea Harriers						37:18
76	Adam BULL (U23M)	Aberdare VAAC						38:44
80	Elliott HARDEE (U23M)	Newport Harriers						39:09
SENIOR MEN TEAM MEDALLISTS								
1st Team - Athletes: Swansea Harriers (53Pts)								
25	Dewi GRIFFITHS (SENM) (1)						35:34	
77	Christopher CARPANINI (U23M) (3)						37:18	
31	Marc HOBBS (SENM) (4)						37:33	
59	Guy SMITH (SENM) (8)						38:24	
52	Matthew REES (SENM) (15)						39:17	
87	Matthew RICHARDS (U23M) (22)						40:15	
2nd Team - Athletes: Micky Morris Racing Team (142Pts)								
140	Mark JENNINGS (MM40) (12)						39:00	
112	Ryan MCFLYNN (MM35) (14)						39:12	
4	Daryll BARNBY (SENM) (20)						39:54	
176	Stefan SIMMS (MM45) (25)						40:47	
22	Thomas FOSTER (SENM) (35)						43:09	
141	Robert JOHN (MM40) (36)						43:10	
3rd Team - Athletes: Aberdare VAAC (153Pts)								
76	Adam BULL (U23M) (11)						38:44	
129	Richard GARDINER (MM40) (17)						39:35	
5	Daniel BODMAN (SENM) (18)						39:44	
20	Matthew EVANS (SENM) (27)						41:04	
139	Matthew JACKLIN (MM40) (28)						41:06	
146	Adrian LEWIS (MM40) (52)						45:06	
MASTER MEN 35 TEAM SCORES (3 TO SCORE)								
Pos	Club	1	2	3				Total
1	Neath Harriers	42	46	104				192
2								
3								
MASTER MEN 35 MEDALLISTS								
110	Angus MACLEAN (MM35)	Guest						38:11
112	Ryan MCFLYNN (MM35)	Micky Morris Racing Team						39:12
92	Rob ATKIN (MM35)	Bridgend AC						42:58
MASTER MEN 35 TEAM MEDALLISTS								
1st Team - MM35 Athletes: Neath Harriers (192Pts)								
37	Christopher JENKINS (MM35) (42)						43:32	
23	Christopher FULCHER (MM45) (46)						43:53	
29	Iain HENDRY (MM40) (104)						50:24	
No 2nd Team								
MASTER MEN 40 TEAM SCORES (3 TO SCORE)								
Pos	Club	1	2	3				Total
1	Llanelli AC	43	50	108				201
2	Port Talbot Harriers	62	75	93				230
3	Swansea Harriers	73	99	121				293
4	Llswerry Runners	78	105	117				300
MASTER MEN 40 MEDALLISTS								
126	Huw EVANS (MM40)	Les Croupiers						38:36
140	Mark JENNINGS (MM40)	Micky Morris Racing Team						39:00
129	Richard GARDINER (MM40)	Aberdare VAAC						39:35
MASTER MEN 40 TEAM MEDALLISTS								
1st Team - MM40 Athletes: Llanelli AC (201Pts)								
128	Stuart EVANS (MM40) (43)						43:50	
127	Michael EVANS (MM40) (50)						44:55	
149	John MARSON (MM40) (108)						51:21	
2nd Team - MM40 Athletes: Port Talbot Harriers (230Pts)								
67	Charles WALSH (MM40) (62)						45:50	
155	Alex WILLIAMS (MM40) (75)						47:14	
135	Mark HIDDLESTONE (MM40) (93)						49:24	
3rd Team - MM40 Athletes: Swansea Harriers (293Pts)								
130	Mike GLEESON (MM40) (73)						47:03	
780	Simon WILSON (MM40) (99)						49:47	
124	Owen DAVIES (MM40) (121)						54:24	
MASTER MEN 45 TEAM SCORES								
Pos	Club	1	2	3				Total
1	Les Croupiers	89	110	111				310
2	Llswerry Runners	86	140	152				378
3								
MASTER MEN 45 MEDALLISTS								
176	Stefan SIMMS (MM45)	Micky Morris Racing Team						40:47
23	Christopher FULCHER (MM45)	Neath Harriers						43:53
165	Paul FLYNN (MM45)	Swansea Harriers						45:23
MASTER MEN 45 TEAM MEDALLISTS								
2nd Team - MM45 Athletes: Les Croupiers (310Pts)								
169	Marcus MEYRICK (MM45) (89)						48:52	
162	Evatt CUMMINGS (MM45) (110)						51:43	
160	Paul CHAPMAN (MM45) (111)						52:07	



# WELSH ATHLETICS ATHLETAU CYMRU

## George Crump M.B.E. Memorial

112th Welsh Cross Country Championships 2016  
Singleton Park, Swansea Saturday 27th February



WELSH ATHLETICS  
ATHLETAU CYMRU

91	MM45-8	159	Stephen CARTER (MM45)	Parc Bryn Bach	49:20
92	MM50-9	198	Glyn SANSOM (MM50)	San Domenico RC	49:21
93	MM40-19	135	Mark HIDDLESTONE (MM40)	Port Talbot Harriers	49:24
94		36	Gareth JONES (SENM)	Parc Bryn Bach	49:30
95		47	John MULLANEY (SENM)	Aberdare VAAC	49:35
96	MM50-10	203	Dimitri VORRES (MM50)	Pont-Y-Pwl & District Runners	49:41
97	MM45-9	177	Steven SMITH (MM45)	Cardiff AAC	49:43
98	MM40-20	154	Lee WALTERS (MM40)	Aberdare VAAC	49:44
99	MM40-21	780	Simon WILSON (MM40)	Swansea Harriers	49:47
100	MM35-13	98	Nick DENNY (MM35)	Pontypridd Roadents AC	49:58
101		41	Christopher LEWIS (SENM)	RUN4ALL Neath	50:06
102	MM50-11	195	Tim OWEN (MM50)	Bridgend AC	50:10
103	MM55-6	208	Robert FALCONER (MM55)	Swansea Harriers	50:16
104	MM40-22	29	Iain HENDRY (MM40)	Neath Harriers	50:24
105	MM40-23	125	Robert DAVIES (MM40)	Liswerry Runners	50:48
106	MM40-24	152	Jonathan SAMUEL (MM40)	Newport Harriers	51:06
107	MM45-10	163	Huw DAVIES (MM45)	Carmarthen Harriers	51:16
108	MM40-25	149	John MARSON (MM40)	Ulanelli AC	51:21
109	MM55-7	16	Clive EDGINGTON (MM55)	Meirionnydd RC	51:37
110	MM45-11	162	Evatt CUMMINGS (MM45)	Les Croupiers	51:43
111	MM45-12	160	Paul CHAPMAN (MM45)	Les Croupiers	52:07
112	MM55-8	215	Darryn MCATEE (MM55)	Newport Harriers	52:42
113	MM50-12	201	Stewart THOMASON (MM50)	Pont-Y-Pwl & District Runners	52:51
114	MM35-14	100	Tim FRY (MM35)	Cardiff AAC	52:54
115	MM50-13	72	Paul WINSTANLEY (MM50)	RUN4ALL Neath	53:10
116		60	Simon SOURRELL (SENM)	TROTS	53:27
117	MM40-26	148	Stuart LUKINS (MM40)	Liswerry Runners	53:44
118	MM50-14	190	Jon HAYES (MM50)	Bridgend AC	53:48
119	MM45-13	158	Allen BUNNEY (MM45)	Aberdare VAAC	54:03
120	MM50-15	186	Mark DUNSCOMBE (MM50)	Aberdare VAAC	54:15
121	MM40-27	124	Owen DAVIES (MM40)	Swansea Harriers	54:24
122	MM55-9	219	Clive OSMOND (MM55)	Les Croupiers	54:29
123	MM35-15	116	Matthew THOMPSON (MM35)	Les Croupiers	54:33
124	MM50-16	182	Ian BELL (MM50)	San Domenico RC	54:35
125	MM55-10	223	Ian WHATMOUGH (MM55)	Liswerry Runners	54:41
126	MM60-5	231	Paul DAY (MM60)	Liswerry Runners	54:42
127	MM35-16	102	David GIBBONS (MM35)	Aberdare VAAC	54:43
128		18	Richard ELGAR (SENM)	Liswerry Runners	54:46
129	MM55-11	214	Alan MASON (MM55)	Les Croupiers	54:52
130		1	Duncan AGGLETON (SENM)	Cardiff Harlequins RC	55:25
131	MM35-17	114	Martin SLUCUTT (MM35)	Swansea Harriers	56:06
132	MM60-6	232	Paul DURLEY (MM60)	Liswerry Runners	56:08
133	MM55-12	216	Paul MORRIS (MM55)	Les Croupiers	56:12
134	MM40-28	123	David CORNISH (MM40)	Port Talbot Harriers	56:14
135	MM50-17	199	Dominic SHIELDS (MM50)	San Domenico RC	57:02
136	MM45-14	66	Graham YNER (MM45)	RUN4ALL Neath	57:42
137	MM35-18	117	Ifan THORNE (MM35)	Swansea Harriers	57:54
138	MM60-7	241	David PROFFITT (MM60)	Liswerry Runners	58:32
139	MM50-18	185	Nick DAVIES (MM50)	Liswerry Runners	58:56
140	MM45-15	178	Michael TITLEY (MM45)	Liswerry Runners	58:57
141		69	Tom WATKINS (SENM)	Liswerry Runners	59:02
142	MM60-8	239	Pete MORFEY (MM60)	Cardiff Harlequins RC	59:20
143	MM50-19	181	Andrew BARRY (MM50)	Liswerry Runners	59:50
144		71	James WILLIAMS (SENM)	Parc Bryn Bach	59:55
145	MM55-13	209	Mark FAULKNER (MM55)	Liswerry Runners	60:14
146	MM40-29	150	Matthew POTTER (MM40)	Liswerry Runners	60:42
147	MM60-9	233	Mike EVANS (MM60)	Chepstow Harriers	60:47
148	MM60-10	242	Alan ROBERTS (MM60)	Port Talbot Harriers	60:49
149	MM35-19	119	Stephen WOOD (MM35)	Pegasus Running Club	61:26
150	MM60-11	237	Uku KUMARI (MM60)	Swansea Harriers	64:09
151	MM60-12	227	John AYRES (MM60)	Port Talbot Harriers	66:45
152	MM45-16	174	Nigel RICHARDS (MM45)	Liswerry Runners	67:59
153	MM60-13	236	Anthony HOLLING (MM60)	Port Talbot Harriers	68:12
154		21	Michael FAULDS (SENM)	Liswerry Runners	69:44
155	MM60-14	229	Colin CROOKS (MM60)	Pegasus Running Club	70:35
156	MM45-17	166	Chris GENTLE (MM45)	Liswerry Runners	72:32
157	MM55-14	213	Alan MANN (MM55)	Les Croupiers	76:43
158	MM50-20	193	Nick JACKSON (MM50)	Liswerry Runners	80:48

<b>2nd Team - MM45 Athletes: Liswerry Runners (378Pts)</b>					
157	Gareth BECK (MM45) (86)				48:34
178	Michael TITLEY (MM45) (140)				58:57
174	Nigel RICHARDS (MM45) (152)				67:59
<b>No 3rd Team</b>					
<b>MASTER MEN 50 TEAM SCORES (3 TO SCORE)</b>					
<b>Pos</b>	<b>Club</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
1	Brecon AC	9	26	51	86
2	Bridgend AC	49	102	118	269
3	San Domenico RC	92	124	135	351
4	Liswerry Runners	139	143	158	440
<b>MASTER MEN 50 MEDALLISTS</b>					
184	Austin DAVIES (MM50)	Brecon AC			38:26
196	Mike PFEIFFER (MM50)	Brecon AC			40:53
187	Roger FARRINGTON (MM50)	Maldwyn Harriers			43:13
<b>MASTER MEN 50 TEAM MEDALLISTS</b>					
<b>1st Team - MM50 Athletes: Brecon AC (86Pts)</b>					
184	Austin DAVIES (MM50) (9)				38:26
196	Mike PFEIFFER (MM50) (26)				40:53
200	Peter SOWERBY (MM50) (51)				45:01
<b>2nd Team - MM50 Athletes: Bridgend AC (269Pts)</b>					
192	Rob HUNT (MM50) (49)				44:37
195	Tim OWEN (MM50) (102)				50:10
190	Jon HAYES (MM50) (118)				53:48
<b>3rd Team - MM50 Athletes: San Domenico RC (351Pts)</b>					
198	Glyn SANSOM (MM50) (92)				49:21
182	Ian BELL (MM50) (124)				54:35
199	Dominic SHIELDS (MM50) (135)				57:02
<b>MASTER MEN 55 TEAM SCORES (3 TO SCORE)</b>					
<b>Pos</b>	<b>Club</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
1	Les Croupiers	61	80	122	263
2	Les Croupiers	49	102	118	269
3					
<b>MASTER MEN 55 MEDALLISTS</b>					
212	Ifan LLOYD (MM55)	Swansea Harriers			41:52
211	David JAMES (MM55)	Les Croupiers			45:47
207	Steve DAVIES (MM55)	Pont-Y-Pwl & District Runners			46:36
<b>MASTER MEN 55 TEAM MEDALLISTS</b>					
<b>1st Team - MM55 Athletes: Les Croupiers (263Pts)</b>					
211	David JAMES (MM55) (61)				45:47
205	David COLES (MM55) (80)				48:05
219	Clive OSMOND (MM55) (122)				54:29
<b>2nd Team - MM55 Athletes: Les Croupiers (269Pts)</b>					
192	Rob HUNT (MM50) (49)				44:37
195	Tim OWEN (MM50) (102)				50:10
190	Jon HAYES (MM50) (118)				53:48
<b>No 3rd Team</b>					
<b>MASTER MEN 60 TEAM SCORES</b>					
<b>Pos</b>	<b>Club</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>Total</b>
1	Liswerry Runners	126	132	138	396
2	Port Talbot Harriers	148	151	153	452
3					
<b>MASTER MEN 60 MEDALLISTS</b>					
230	David DAVIES (MM60)	Brecon AC			47:07
226	John AGGLETON (MM60)	Cardiff Harlequins RC			47:35
234	Rob EVANS (MM60)	Les Croupiers			48:18
<b>MASTER MEN 60 TEAM MEDALLISTS</b>					
<b>1st Team - MM55 Athletes: Liswerry Runners (396Pts)</b>					
231	Paul DAY (MM60) (126)				54:42
232	Paul DURLEY (MM60) (132)				56:08
241	David PROFFITT (MM60) (138)				58:32
<b>2nd Team - MM55 Athletes: Port Talbot Harriers (452Pts)</b>					
242	Alan ROBERTS (MM60) (148)				60:49
227	John AYRES (MM60) (151)				66:45
236	Anthony HOLLING (MM60) (153)				68:12
<b>MASTER MEN 65 MEDALLISTS</b>					
250	David SMOUT (MM65)	Parc Bryn Bach			34:03
2	Paul ALLEN (MM65)	Halesowen			34:34
248	Michael DAVIES (MM65)	Les Croupiers			35:41
<b>MASTER MEN 70 MEDALLISTS</b>					
257	Gordon ORME (MM70)	Carmarthen Harriers			34:36
256	John GARDENER (MM70)	Pembrokeshire Harriers			36:12
253	Ralph DAVEY (MM70)	Les Croupiers			41:37
<b>MASTER MEN 75 MEDALLISTS</b>					
258	Brian GOUGH (MM75)	Pontypridd Roadents AC			38:42
259	Syd WHEELER (MM75)	Chepstow Harriers			51:39